

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150 foot waterslide, dry saunas, whirlpool and new fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.



### ROCKVILLE SWIM and FITNESS CENTER

#### *Fitness Room Featuring:*

- Rowing Machines
- 4 - Treadmills • 4 - Elliptical Machines
- 2 - Recumbent Bikes • 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment & Free Weights

Meeting Room & Kitchenette  
(available for rentals & parties)

**240-314-8750**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

## Aquatics



#### **Fees:**

**M = RSFC Member**  
**NM = Non-RSFC Member**

### Registration Procedures

**Residents or Swim Center Members**  
Thursday, Aug. 12, 8:30 a.m.

**Non-residents or Non-Swim Center Members**  
Tuesday, Aug. 24, 8:30 a.m.

**Registration Deadline**  
One week prior to start date.

**Swim Center closed Aug. 16-20 for annual cleaning.**

**No classes Sept. 6, Nov. 25-28, Dec. 25 & Jan. 1**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

**Mail to:**  
Swimming Lessons  
RSFC  
355 Martins Lane  
Rockville, MD 20850

**Fax to:**  
Swimming Lessons  
240-314-8759  
**Phone registration:**  
301-762-4284



# Aquatics

## Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City of Rockville does not provide a form for this purpose. Note: Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Center.

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. ♥

Age: 6-18 months				M/NM
33153	Tu	9/7-10/26	9-9:30 AM	\$71/\$89
33157	Sa	9/11-10/23	10:50-11:20 AM	\$62/\$78
33155	Su	9/12-10/24	10:25-10:55 AM	\$62/\$78
33158	Sa	10/30-12/18	10:50-11:20 AM	\$62/\$78
33156	Su	10/31-12/19	10:25-10:55 AM	\$62/\$78
33154	Tu	11/2-12/14	9-9:30 AM	\$62/\$78

### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. ♥

Age: 18 months -3 years				M/NM
33165	Th	9/9-10/28	9-9:30 AM	\$71/\$89
33159	Sa	9/11-10/23	10:10-10:40 AM	\$62/\$78
33163	Su	9/12-10/24	9:50-10:20 AM	\$62/\$78
33166	Su	9/12-10/24	11:30 AM-12 PM	\$62/\$78
33161	M	9/13-10/25	2-2:30 PM	\$62/\$78
33167	Su	10/31-12/19	11:30 AM-12 PM	\$62/\$78
33168	Th	11/4-12/16	9-9:30 AM	\$53/\$67
33160	Sa	10/30-12/18	10:10-10:40 AM	\$62/\$78
33164	Su	10/31-12/19	9:50-10:20 AM	\$62/\$78
33162	M	11/1-12/13	2-2:30 PM	\$62/\$78



### Bobbers 1

Accompanied by an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. ♥

Age: 3-5 years				M/NM
33136	W	9/8-10/27	2-2:30 PM	\$71/\$89
33137	Sa	9/11-10/23	11:25-11:55 AM	\$62/\$78
33139	Sa	9/11-10/23	9-9:30 AM	\$62/\$78
33141	Su	9/12-10/24	9:15-9:45 AM	\$62/\$78
33145	Su	9/12-10/24	11-11:30 AM	\$62/\$78
33138	Sa	10/30-12/18	11:25-11:55 AM	\$62/\$78
33140	Sa	10/30-12/18	9-9:30 AM	\$62/\$78
33142	Su	10/31-12/19	9:15-9:45 AM	\$62/\$78
33146	Su	10/31-12/19	11-11:30 AM	\$62/\$78
33143	W	11/3-12/15	2-2:30 PM	\$62/\$78
33144	Th	11/4-12/16	9:30-10 AM	\$62/\$78

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. ♥

Age: 3-5 years				M/NM
33147	Sa	9/11-10/23	9:35-10:05 AM	\$62/\$78
33149	Sa	9/11-10/23	8:25-8:55 AM	\$62/\$78
33151	Su	9/12-10/24	8:40-9:10 AM	\$62/\$78
33148	Sa	10/30-12/18	9:35-10:05 AM	\$62/\$78
33150	Sa	10/30-12/18	8:25-8:55 AM	\$62/\$78
33152	Su	10/31-12/19	8:40-9:10 AM	\$62/\$78

### Fearful Floaters

Designed for the apprehensive child, this class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson. ♥

Age: 4-6 years				M/NM
33176	W	9/8-10/27	4:30-5 PM	\$77/\$96
33174	M	9/13-10/25	4:30-5 PM	\$67/\$84
33175	M	11/1-12/13	4:30-5 PM	\$67/\$84
33177	W	11/3-12/15	4:30-5 PM	\$67/\$84





# Aquatics

## Preschool Swim

We love parents . . . but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. **Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.**

### Floater 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kicking and arm stroking as well as putting their face in the water. Children will learn to swim five yards on their front and back. ♥

Age: 4-6 years				M/NM
33189	Tu	9/7-10/26	4:30-5 PM	\$77/\$96
33199	Tu	9/7-10/26	5-5:30 PM	\$77/\$96
33203	Tu	9/7-10/26	5:30-6 PM	\$77/\$96
33201	W	9/8-10/27	4-4:30 PM	\$77/\$96
33205	Th	9/9-10/28	5:30-6 PM	\$77/\$96
33181	F	9/10-10/29	3:30-4 PM	\$77/\$96
33207	F	9/10-10/29	4:30-5 PM	\$77/\$96
33178	Sa	9/11-10/23	9-9:40 AM	\$67/\$84
33179	Sa	9/11-10/23	10:30-11:10 AM	\$67/\$84
33180	Sa	9/11-10/23	11:15-11:55 AM	\$67/\$84
33185	Su	9/12-10/24	9-9:40 AM	\$67/\$84
33186	Su	9/12-10/24	9:45-10:25 AM	\$67/\$84
33187	Su	9/12-10/24	10:30-11:10 AM	\$67/\$84
33188	Su	9/12-10/24	11:15-11:55 AM	\$67/\$84
33183	M	9/13-10/25	3:30-4 PM	\$67/\$84
33197	M	9/13-10/25	4-4:30 PM	\$67/\$84
33190	Sa	10/30-12/18	9-9:40 AM	\$67/\$84
33192	Sa	10/30-12/18	10:30-11:10 AM	\$67/\$84
33209	Sa	10/30-12/18	11:15-11:55 AM	\$67/\$84
33193	Su	10/31-12/19	9-9:40 AM	\$67/\$84
33194	Su	10/31-12/19	9:45-10:25 AM	\$67/\$84
33195	Su	10/31-12/19	10:30-11:10 AM	\$67/\$84
33196	Su	10/31-12/19	11:15-11:55 AM	\$67/\$84
33184	M	11/1-12/13	3:30-4 PM	\$67/\$84
33198	M	11/1-12/13	4-4:30 PM	\$67/\$84
33191	Tu	11/2-12/14	4:30-5 PM	\$67/\$84
33200	Tu	11/2-12/14	5-5:30 PM	\$67/\$84
33204	Tu	11/2-12/14	5:30-6 PM	\$67/\$84
33202	W	11/3-12/15	4-4:30 PM	\$67/\$84
33206	Th	11/4-12/16	5:30-6 PM	\$58/\$72
33182	F	11/5-12/17	3:30-4 PM	\$58/\$72
33208	F	11/5-12/17	4:30-5 PM	\$58/\$72

### Floater 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front/ back glides, kicking, arm strokes and rhythmic breathing. ♥

Age: 4-6 years				M/NM
33212	Tu	9/7-10/26	5-5:30 PM	\$77/\$96
33214	W	9/8-10/27	3:30-4 PM	\$77/\$96
33230	Th	9/9-10/28	4:30-5 PM	\$77/\$96
33216	Th	9/9-10/28	5-5:30 PM	\$77/\$96
33228	F	9/10-10/29	3:30-4 PM	\$77/\$96
33218	F	9/10-10/29	4-4:30 PM	\$77/\$96
33220	Sa	9/11-10/23	9:45-10:25 AM	\$67/\$84
33221	Sa	9/11-10/23	11:15-11:55 AM	\$67/\$84
33222	Su	9/12-10/24	9:45-10:25 AM	\$67/\$84
33223	Su	9/12-10/24	11:15-11:55 AM	\$67/\$84
33210	M	9/13-10/25	4-4:30 PM	\$67/\$84
33224	Sa	10/30-12/18	9:45-10:25 AM	\$67/\$84
33225	Sa	10/30-12/18	11:15-11:55 AM	\$67/\$84
33226	Su	10/31-12/19	9:45-10:25 AM	\$67/\$84
33227	Su	10/31-12/19	11:15-11:55 AM	\$67/\$84
33211	M	11/1-12/13	4-4:30 PM	\$67/\$84
33213	Tu	11/2-12/14	5-5:30 PM	\$67/\$84
33215	W	11/3-12/15	3:30-4 PM	\$67/\$84
33231	Th	11/4-12/16	4:30-5 PM	\$58/\$72
33217	Th	11/4-12/16	5-5:30 PM	\$58/\$72
33229	F	11/5-12/17	3:30-4 PM	\$58/\$72
33219	F	11/5-12/17	4-4:30 PM	\$58/\$72



**GET INTO SHAPE  
THIS FALL!!!**

**Need to get motivated??**

Purchase a Fitness Membership  
at one of our Community  
Recreation Centers.

**[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)**



# Aquatics

## Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught. ♥

Age: 4-7 years				M/NM
33251	W	9/8-10/27	4-4:30 PM	\$77/\$96
33253	Th	9/9-10/28	5-5:30 PM	\$77/\$96
33255	F	9/10-10/29	4:30-5 PM	\$77/\$96
33257	Sa	9/11-10/23	9:45-10:25 AM	\$67/\$84
33258	Su	9/12-10/24	9-9:40 AM	\$67/\$84
33259	Su	9/12-10/24	11:15-11:55 AM	\$67/\$84
33249	M	9/13-10/25	4:30-5 PM	\$67/\$84
33260	Sa	10/30-12/18	11:15-11:55 AM	\$67/\$84
33261	Su	10/31-12/19	9-9:40 AM	\$67/\$84
33250	M	11/1-12/13	4:30-5 PM	\$67/\$84
33252	W	11/3-12/15	4-4:30 PM	\$67/\$84
33254	Th	11/4-12/16	5-5:30 PM	\$58/\$72
33256	F	11/5-12/17	4:30-5 PM	\$58/\$72

## Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke. ♥

Age: 4-7 years				M/NM
33269	Tu	9/7-10/26	5:30-6 PM	\$77/\$96
33262	W	9/8-10/27	4:30-5 PM	\$77/\$96
33273	Th	9/9-10/28	4:30-5 PM	\$77/\$96
33265	Sa	9/11-10/23	9-9:40 AM	\$67/\$84
33266	Su	9/12-10/24	10:30-11:10 AM	\$67/\$84
33271	M	9/13-10/25	3:30-4 PM	\$67/\$84
33264	Sa	10/30-12/18	10:30-11:10 AM	\$67/\$84
33267	Sa	10/30-12/18	9:45-10:25 AM	\$67/\$84
33268	Su	10/31-12/19	11:15-11:55 AM	\$67/\$84
33272	M	11/1-12/13	3:30-4 PM	\$67/\$84
33270	Tu	11/2-12/14	5:30-6 PM	\$67/\$84
33263	W	11/3-12/15	4:30-5 PM	\$67/\$84
33274	Th	11/4-12/16	4:30-5 PM	\$58/\$72

**More programs for Children  
see pages 4-21**

## Children's Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

### Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breast stroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team. ♥

Age: 5-6 years				M/NM
33242	Th	9/9-10/28	5:30-6 PM	\$77/\$96
33241	Th	11/4-12/16	5:30-6 PM	\$67/\$84

### Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breast stroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to enroll. ♥

Age: 7+ years				M/NM
33279	Sa	9/11-10/23	9:45-10:25 AM	\$62/\$77
33282	Su	9/12-10/24	10:30-11:10 AM	\$62/\$77
33281	Su	9/12-10/24	12-12:40 PM	\$62/\$77
33280	Sa	10/30-12/18	11:15-11:55 AM	\$62/\$77
33283	Su	10/31-12/19	9:45-10:25 AM	\$62/\$77
33284	Su	10/31-12/19	10:30-11:10 AM	\$62/\$77

### Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2. ♥

Age: 6+ years				M/NM
33291	W	9/8-10/27	3:30-4 PM	\$70/\$88
33300	F	9/10-10/29	4-4:30 PM	\$70/\$88
33293	Sa	9/11-10/23	9:45-10:25 AM	\$62/\$77
33294	Sa	9/11-10/23	10:30-11:10 AM	\$62/\$77
33295	Su	9/12-10/24	10:30-11:10 AM	\$62/\$77
33298	Su	9/12-10/24	12-12:40 PM	\$62/\$77



# Aquatics

## Youth 1 (cont'd)

33296	Sa	10/30-12/18	9-9:40 AM	\$62/\$77
33297	Su	10/31-12/19	10:30-11:10 AM	\$62/\$77
33299	Su	10/31-12/19	12-12:40 PM	\$62/\$77
33292	W	11/3-12/15	3:30-4 PM	\$62/\$77
33301	F	11/5-12/17	4-4:30 PM	\$53/\$66

## Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught. ♥

Age: 6+ years				M/NM
33308	Tu	9/7-10/26	4:30-5 PM	\$70/\$88
33302	Sa	9/11-10/23	9-9:40 AM	\$62/\$77
33303	Sa	9/11-10/23	10:30-11:10 AM	\$62/\$77
33304	Su	9/12-10/24	9-9:40 AM	\$62/\$77
33305	Su	9/12-10/24	12-12:40 PM	\$62/\$77
33311	M	9/13-10/25	3:30-4 PM	\$62/\$77
33306	Sa	10/30-12/18	9:45-10:25 AM	\$62/\$77
33307	Su	10/31-12/19	9-9:40 AM	\$62/\$77
33310	Su	10/31-12/19	12-12:40 PM	\$62/\$77
33312	M	11/1-12/13	3:30-4 PM	\$62/\$77
33309	Tu	11/2-12/14	4:30-5 PM	\$62/\$77

## Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn stroke improvement, back crawl, whip kick, treading water and rhythmic breathing. ♥

Age: 6+ years				M/NM
33313	Sa	9/11-10/23	9-9:40 AM	\$62/\$77
33315	Su	9/12-10/24	9:45-10:25 AM	\$62/\$77
33316	Su	9/12-10/24	10:30-11:10 AM	\$62/\$77
33317	Su	9/12-10/24	12-12:40 PM	\$62/\$77
33314	Sa	10/30-12/18	10:30-11:10 AM	\$62/\$77
33318	Sa	10/30-12/18	9-9:40 AM	\$62/\$77
33319	Su	10/31-12/19	9-9:40 AM	\$62/\$77
33322	Su	10/31-12/19	9:45-10:25 AM	\$62/\$77
33320	Su	10/31-12/19	10:30-11:10 AM	\$62/\$77
33321	Su	10/31-12/19	12-12:40 PM	\$62/\$77

## Youth 4

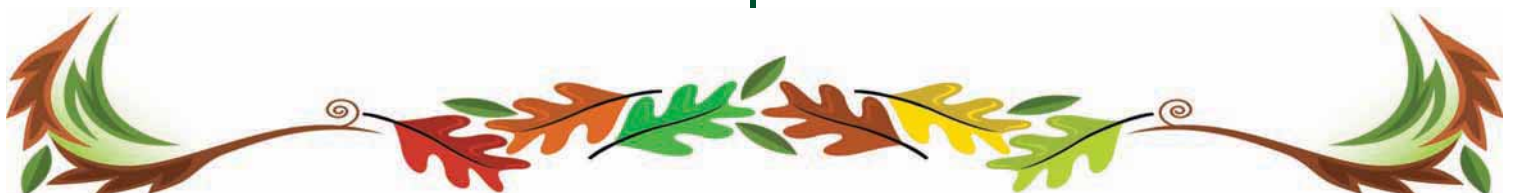
Children who are comfortable in the water and can swim a coordinated crawl stroke and back stroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms. ♥

Age: 6+ years				M/NM
33323	Sa	9/11-10/23	10:30-11:10 AM	\$62/\$77
33324	Sa	9/11-10/23	11:15-11:55 AM	\$62/\$77
33325	Su	9/12-10/24	9-9:40 AM	\$62/\$77
33327	Su	9/12-10/24	11:15-11:55 AM	\$62/\$77
33329	Sa	10/30-12/18	9-9:40 AM	\$62/\$77
33326	Sa	10/30-12/18	9:45-10:25 AM	\$62/\$77
33328	Sa	10/30-12/18	11:15-11:55 AM	\$62/\$77
33330	Su	10/31-12/19	9:45-10:25 AM	\$62/\$77
33331	Su	10/31-12/19	11:15-11:55 AM	\$62/\$77

## Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined. ♥

Age: 6+ years				M/NM
33332	Sa	9/11-10/23	9-9:40 AM	\$62/\$77
33333	Sa	9/11-10/23	11:15-11:55 AM	\$62/\$77
33334	Su	9/12-10/24	9:45-10:25 AM	\$62/\$77
33335	Su	9/12-10/24	11:15-11:55 AM	\$62/\$77
33336	Sa	10/30-12/18	9:45-10:25 AM	\$62/\$77
33339	Su	10/31-12/19	9-9:40 AM	\$62/\$77
33337	Su	10/31-12/19	9:45-10:25 AM	\$62/\$77
33338	Su	10/31-12/19	12-12:40 PM	\$62/\$77





# Aquatics

## Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of side stroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes. ♥

Age: 6+ years				M/NM
33340	Sa	9/11-10/23	9:45-10:25 AM	\$62/\$77
33341	Sa	9/11-10/23	11:15-11:55 AM	\$62/\$77
33342	Su	9/12-10/24	9:45-10:25 AM	\$62/\$77
33343	Su	9/12-10/24	10:30-11:10 AM	\$62/\$77
33347	Sa	10/30-12/18	9-9:40 AM	\$62/\$77
33344	Sa	10/30-12/18	10:30-11:10 AM	\$62/\$77
33345	Su	10/31-12/19	9-9:40 AM	\$62/\$77
33346	Su	10/31-12/19	11:15-11:55 AM	\$62/\$77

## Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and back stroke and one full length (25 yards) of breast stroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers must have passed Youth 5 and 6 in order to register. ♥

Age: 6+ years				M/NM
33348	Sa	9/11-10/23	10:30-11:10 AM	\$62/\$77
33349	Su	9/12-10/24	9-9:40 AM	\$62/\$77
33350	Su	9/12-10/24	11:15-11:55 AM	\$62/\$77
33351	Su	9/12-10/24	12-12:40 PM	\$62/\$77
33352	Sa	10/30-12/18	10:30-11:10 AM	\$62/\$77
33353	Su	10/31-12/19	10:30-11:10 AM	\$62/\$77
33354	Su	10/31-12/19	12-12:40 PM	\$62/\$77



## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. ♥

Age: 14+ years				M/NM
33106	Tu	9/7-10/26	8:20-9:05 PM	\$70/\$88
33105	W	9/8-10/27	8:30-9:15 PM	\$70/\$88
33107	Tu	11/2-12/14	8:20-9:05 PM	\$62/\$77
33108	W	11/3-12/15	8:30-9:15 PM	\$62/\$77

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Adult Beginner 1 is recommended prior to taking this class. ♥

Age: 14+ years				M/NM
33109	W	9/8-10/27	8:30-9:15 PM	\$70/\$88
33111	Th	9/9-10/28	8:20-9:05 PM	\$70/\$88
33110	W	11/3-12/15	8:30-9:15 PM	\$62/\$77
33112	Th	11/4-12/16	8:20-9:05 PM	\$53/\$66

### Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Adult Beginner 2 is recommended prior to taking this class. ♥

Age: 14+ years				M/NM
33114	Tu	9/7-10/26	8:20-9:05 PM	\$70/\$88
33113	Tu	11/2-12/14	8:20-9:05 PM	\$62/\$77



## RockvilleRec is now on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services.

**Join us!**



# Aquatics

## Adult Beginner 4

Swimmers who can swim one length of the pool but still need work on endurance and technique should take this class. Rhythmic breathing and treading water are required. Front and back crawl, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Adult Beginner 3 is recommended prior to taking class. Skills will be taught to prepare students for Adult Stroke Correction. ♥

Age: 14+ years				M/NM
33115	Th	9/9-10/28	8:20-9:05 PM	\$70/\$88
33116	Th	11/4-12/16	8:20-9:05 PM	\$53/\$66

## Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for Beginners. Adult Beginner 4 is recommended prior to attending. ♥

Age: 14+ years				M/NM
33117	Th	9/9-10/28	10:10-10:55 AM	\$70/\$88
33118	Th	11/4-12/16	10:10-10:55 AM	\$53/\$66

## Adult Water Fitness

### Aqua Blast

Have a blast in our fast-paced, deep-water exercise class. Ideal for anyone who wants a vigorous workout first thing in the morning. The class consists of a variety of cardiovascular exercises designed to improve endurance and strengthen the heart. It includes concentrated segments for abdominals, as well as barbell work for muscle toning. ♥

Age: 18+ years				M/NM
33119	Tu & Th	9/7-12/16	6:35-7:20 AM	\$134/\$163

### Aqua Zumba *New*

Enjoy a high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills

Age: 18+ years				M/NM
33496	F	9/10-12/10	9:15-10 AM	\$65/\$79

## Aqua Boot Camp

This fast paced class is designed to help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size, or fitness level, you can achieve very noticeable results. An excellent workout for those whose schedules allow just one day a week to attend or as a great addition to some of our other programs. ♥

Age: 14+ years				M/NM
33120	F	9/10-12/17	10:10-10:55 AM	\$65/\$79

## Aqua Fitness

Enjoy a low-impact, high-intensity program designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided. ♥

Age: 16+ years				M/NM
33124	Tu & Th	9/7-12/16	8:30-9:15 AM	\$134/\$163
33125	Tu & Th	9/7-12/16	9:15-10 AM	\$134/\$163
33121	M & W	9/8-12/15	8:30-9:15 AM	\$134/\$163
33123	W & F	9/8-12/17	8:30-9:15 AM	\$134/\$163
33122	M & W	9/8-12/15	9:15-10 AM	\$134/\$163
33126	F	9/10-12/17	8:30-9:15 AM	\$65/\$79

## Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low impact, strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact. (Formerly Aqua Jog) ♥

Age: 14+ years				M/NM
33133	W	9/8-12/15	10:15-11 AM	\$70/\$85
33132	M & W	9/8-12/15	10:15-11 AM	\$134/\$163
33480	M	9/13-12/13	10:15-11 AM	\$65/\$79



# Aquatics

## Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy. Work your legs and help tone your whole body. Music may be used. ♥

Age: 16+ years				M/NM
33172	Tu	9/7-12/14	7:35-8:20 PM	\$70/\$85
33170	W	9/8-12/15	9:15-10 AM	\$70/\$85
33173	Th	9/9-12/16	7:35-8:20 PM	\$65/\$79
33171	F	9/10-12/17	9:15-10 AM	\$65/\$79
33169	M	9/13-12/13	9:15-10 AM	\$65/\$79

## H2O Walking

Join our fitness program that includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used. ♥

Age: 15+ years				M/NM
33235	Tu	9/7-12/14	7:35-8:20 PM	\$70/\$85
33233	W	9/8-12/15	9:20-10:05 AM	\$70/\$85
33236	Th	9/9-12/16	7:35-8:20 PM	\$65/\$79
33234	F	9/10-12/17	9:20-10:05 AM	\$65/\$79
33232	M	9/13-12/13	9:20-10:05 AM	\$65/\$79

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students do not have to be proficient swimmers to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys. ♥

Age: 15+ years				M/NM
33275	Tu	9/7-12/14	11:10-11:55 AM	\$75/\$92
33276	Tu	9/7-12/14	9:15-10 PM	\$75/\$92
33277	Th	9/9-12/16	11:10-11:55 AM	\$70/\$86
33278	Th	9/9-12/16	9:15-10 PM	\$70/\$86

*A Senior looking for more exercise "on land?" Check out our Senior Fitness and Wellness programs. Pages 54-59*

## Twinges in Your Hinges

Take your aches and pains to the pool and leave them behind when you go. Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized. ♥

Age: 14+ years				M/NM
33286	Tu & Th	9/7-12/16	8:30-9:30 AM	\$147/\$185
33285	M & W	9/8-12/15	9:15-10:15 AM	\$147/\$185

## Water Running & Conditioning

This non-impact, high-intensity program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes held in deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout. ♥

Age: 18+ years				M/NM
33287	Tu	9/7-12/14	10:10-10:55 AM	\$70/\$85
33289	Tu & Th	9/7-12/16	10:10-10:55 AM	\$134/\$163
33288	Th	9/9-12/16	10:10-10:55 AM	\$65/\$79

## Senior Swim

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool, and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. You don't need to swim or even get your hair wet. Some swim equipment is used. Note: Senior residents pay the member fee. ♥

Age: 60+ years				M/NM
33104	Tu & Th	9/7-12/16	2:05-2:50 PM	\$65/\$82

### Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay the member fee. ♥

Age: 60+ years				M/NM
33247	M, W & F	9/8-12/17	10:10-10:55 AM	\$99/\$124





# Aquatics

## Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. Note: Senior residents pay the member fee. ♥

Age: 60+ years M/NM  
33246 M, W & F 9/8-12/17 11:05-11:50 AM \$99/\$124

## Senior Exercise Swim

Need to stop those aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay the member fee. ♥

Age: 60+ years M/NM  
33248 M & W 9/8-12/15 2:35-3:20 PM \$65/\$82

## Special Swim

### Aqua Gait Training

This exercise class is for participants of pre- or post-knee or hip replacement/surgery. It is intended to strengthen and tone muscles and help restore balance and flexibility. It is taught in waist deep water. Students will use the ramp entry to the North Pool and must be able to walk with minor assistance. A doctor's approval is recommended prior to the start of class. ♥

Age: 16+ years M/NM  
33128 Tu & Th 9/7-10/28 9:35-10:05 AM \$74/\$80  
33129 Tu & Th 11/2-12/16 9:35-10:05 AM \$60/\$74

## Aqua Pre & Post-Natal Workout

Designed with the needs of women who are currently pregnant or recently delivered, this low-impact class will help keep you fit during and after your pregnancy. Consult your doctor before enrolling. ♥

Age: 18+ years M/NM  
33130 F 9/10-10/29 10:10-10:55 AM \$40/\$48  
33131 F 11/5-12/17 10:10-10:55 AM \$30/\$36

## Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise program. Tailored to individual needs. ♥

Age: 18+ years M/NM  
33134 Tu & Th 9/7-12/16 10:10-10:55 AM \$152/\$192

## Rockville Masters Swimming

This program is designed specifically for swimmers who are competing in the Masters Program of U.S. Swimming, Inc. Those participating in the RMSC group will not, however, be required to attach to RMSC for team purposes. This class is a structured swim workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. ♥

Age: 18+ years M/NM  
33243 M, W & F 9/8-12/20 6:30-7:30 AM \$189/\$231  
33244 M & W 9/8-12/20 6:30-7:30 AM \$141/\$175  
33245 M 9/13-12/20 6:30-7:30 AM \$81/\$101

## Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability. ♥

Age: 18+ years M/NM  
33290 Tu 9/7-12/14 9:40-11 AM \$110/\$138



## E-mail Address Changed?

**Keep Your Family Account Up-To-Date**

### For notification of:

Upcoming registration dates  
Program schedule changes  
Weather cancellations

### Contact us at:

[rockenroll@rockvillemd.gov](mailto:rockenroll@rockvillemd.gov)

